Recommended Resources

1. Overview
2. Supplements
3. Programs
4. Books
5. Fitness Gear

Supplements

Creatine —> take 5 gram daily (timing doesn't matter)

Protein Powder —> drink 1 - 2 shakes daily (most people drink 1 before or after their workout)

Fish Oil —> take 1 - 3 grams daily (timing doesn't matter)

Caffeine —> take 200mg - 500mg (30min before workout)

Beta Alanine —> take 5 gram daily (timing doesn't matter)

Programs

Muscle Growth:

The Body Transformation Blueprint —> good program for beginners wanting to build muscle and lose fat

Bodyweight:

Bar Brothers —> one of the most popular bodyweight programs out there

Strength Training:

Critical Bench —> good for improving your bench press and building total body strength

Posture:

The Forward Head Posture Fix —> check out if you have posture problems

Books

Training:

Bigger Leaner Stronger —> good beginner book for guys

Thinner Leaner Stronger —> good beginner book for girls/women

Science and Development of Muscle Hypertrophy —> learn the science behind muscle growth and effective training

Nutrition:

Nutrition For Dummies —> good overview of the most important ascpects of nutrition

Examine Supplement Guide —> perfect guide when unsure which supplement to buy

Advanced Nutrition and Human Metabolism —> indepth guide on nutrition (university level; not for beginners)

Fitness Gear

Lifting Straps —> good for all pulling exercises (very helpful)

Weighted Vest —> important for bodyweight exercises

Beginner Dumbbell Set —> when you want to work out at home